

Adelaide 2019

Trinity Vinyasa Flow Yoga Teacher Training

Since 2006 Yoga Trinity has completed over 30 successful Yoga Teacher Training programs and continues to support over 1,000 yoga teachers in their ongoing study, practice, and teaching. Our program continues to evolve and grow, and we look forward to continuing to share a comprehensive and inspiring program in both part-time and full-time intensives with yogis of all ages and backgrounds. I hope you will join us!



The Trinity Vinyasa Flow Yoga Teacher Training program is designed to immerse you in your yoga practice and maximize your opportunity for growth, education, and support as you embark on the journey to become a Registered Yoga Teacher.

Our program is offered in a flexible format, allowing students to study either a Full-Time or Part-Time Intensive to complete each module of training in their own time.

Each day of your training intensive will include guided yoga practice, workshops in technical study, philosophy, anatomy, teaching methodology, and practical teaching experience.

Your program also includes online study, video resources, webinars, writing assignments, and personal practice all designed to help you in your studies, practice, teaching, and your yoga business. You can begin your online study as soon as you register, allowing you to start diving into your studies straight away.

This 300-hour registered program will provide you with the guidance, practices, techniques, support, and mentorship to begin your own teaching practice. Upon completion of the program you will be awarded with a certificate to verify your successful completion and your competency as a Registered Yoga Teacher. This program is registered with Yoga Alliance (200-hour RYT), Yoga Australia (300-hour), and Fitness Australia (15 CEC). Registration allows you to use the credentials of Registered Yoga Teacher and gives you access to reduced insurance rates and certification credits with many international fitness, yoga, and mind body organizations.

I look forward to sharing with you the expansive and enlightening experience that is teacher training. Our aim is to not only offer a comprehensive foundation for yoga teachers, but also an opportunity for personal growth and development. Each student has much to offer of their own wisdom and unique experience in this open and dynamic environment. I look forward to sharing this journey with you.

Namaste,
Heather Agnew, ERYT, Senior Yoga Teacher
Director, Trinity Yoga Teacher Training

Adelaide Intensive: Mar 22-Apr 2, 2019

Join us for the complete Level I Intensive and become a confident, competent and inspiring Registered Yoga Instructor, able to share yoga with students of ages and backgrounds.

- **Module 1:** Mar 22-27, 2019
- **Module 2:** Mar 28-Apr 2, 2019
- **Online Study Module:** Begin Anytime

Study Modules

With our flexible study options, you can undertake your training at a pace that is right for you, begin your online study upon registration, and study in a part-time or full-time intensive, or module-by-module. Study modules are offered in Canberra and Adelaide. Upon completion of your face-to-face intensives, online and distance study, and a written and practical assessment you will have completed the Level 1 Training Certificate and can teach yoga professionally in Australia and internationally as a Registered Yoga Teacher.

Module 1 - Mar 22-27

- Daily Vinyasa Flow Guided Practice
- Discussions and workshops include: Foundations of Vinyasa Flow Yoga, Yoga Sutras of Patanjali, Teaching Skills, Making Yoga Accessible
- Movement Labs and Practicum include: Pose by Pose study of the full Vinyasa Flow sequence
- Yoga Pose Labs on modifications, variations, regression and progressions
- Practice teaching each pose, and each pose flow

Module 2 – Mar 28-Apr 2

- Daily Vinyasa Flow Guided Practice
- Discussions and workshops include: Where is Yoga At, Anatomy for Vinyasa Flow, Sequencing and Theming, Philosophy, Lifestyle and Ethics, The Role of the Teacher
- Movement Labs and Practicum include: Props and Tools, Anatomy and Movement Labs, Chakras through sound, movement, and meditation
- Practice teaching Vinyasa Flow

Online Study – Begin Upon Registration

- Personal Practice Log
- Yoga Philosophy in Daily Life Online Study
- Reading, Research and Writing Assignments
- Business Basics Online Study
- Anatomy Basics Online Study
- Ayurveda Basics Online Study
- Mind Body Meditation Online Study
- One to One Mentoring + Ongoing Teacher's Forums/Discussions

Assessment & Completion

- Completion of face-to-face intensives (Two 6-day modules) and online study module
- Written assessment, completed online
- Practical assessment, filming a private or small-group teaching session

Study Options and Fees

- Foundations – Register for a ‘taste’ of Yoga Teacher Training and join us for a 2-day, 42 hour introduction to teacher training
- Vinyasa Flow Immersion – For yoga teachers from all backgrounds who wish to study, practice, and teach Vinyasa Flow in a 150-hour post graduate immersion
- Module by Module – Register for just one module at a time, and study your face-to-face modules at your own pace
- Level 1 Intensive – Register for the full 300-hour course and study your face-to-face modules part-time or full-time in Canberra or Adelaide.

Dates	Study Unit	Cost	Earlybird Savings
Mar 22-23	Foundations (2-day taster)	500.00	
Mar 22-27	150-Hour Immersion (post-graduate)	1,800	1,650 by Dec 15
Canberra or Adelaide	Module by Module (per module)	2,200	
Mar 22-Apr 2	300-Hour Intensive - Full Course	4,000	3,600 by Dec 15

Earlybird Savings: To benefit from the Earlybird Savings, please submit your application for review, and submit your course deposit of \$720 on or prior to the Earlybird Savings deadline.

Payment Plans: Yes, we are open to creating a payment plan that works for you. Please discuss with your course coordinator, or directly with Heather to discuss a schedule that suits. See page 2 for details

Venues:

- **Canberra:** UC Fit! University of Canberra, Building 29, University North Drive, Bruce, 2617
- **Adelaide:** Synergy Yoga & Pilates, Keen Avenue, Glenelg East, Adelaide, SA

More Information

The Level I Teacher Training Program is available to generally fit students of all backgrounds who have a regular Vinyasa-style yoga practice and a sincere desire to learn. To experience the Trinity Vinyasa Flow practice you can stream and download free practices, chants and meditations through www.yogatrinity.com Registration is limited, and our courses have sold out regularly over the past 5 years, so please submit your application as soon as possible in order to reserve your space.

The online (self-study) portion of the program is available upon registration. Registration is limited, and our courses have sold out for the past few years, so please submit your application as soon as possible in order to reserve your space.

Program Director – Heather Agnew

Your course facilitator, Heather Agnew is an internationally recognized E-RYT (Senior Yoga Instructor) and Master PFT (Fitness Professional) with over 20 years’ experience teaching mind-body movement, and over 15,000 hours of facilitating yoga teacher training programs.

Heather has studied many traditional and modern yoga forms, with a particular focus on Ashtanga Vinyasa Yoga. As well Heather draws inspiration from Thai Yoga Massage, Phoenix Rising Yoga Therapy, Ayurveda, Pilates, functional movement therapy, and many energetic healing modalities. In

integrating these experiences, Heather has designed a teacher training program to unite the rich philosophies of traditional teachings, the science of movement, and the accessibility and functionality of modern yoga forms. Trinity Vinyasa Flow Yoga reflects this integration in a methodology that aims at safe and accessible practice for mind-body health, fitness, and well-being.

Heather brings to the program an intent to educate and empower teacher trainees to develop a strong foundation of knowledge and experience in the fundamentals of yoga practice and philosophy, while revealing their own unique skills as a safe, confident, and inspiring yoga teacher.

Frequently Asked Questions

How Long Will It Take Me to Complete This Course?

Our new 300-hour curriculum was designed around meeting a variety of lifestyles, learning styles, and life circumstances, so that you can work at your own pace, in your own time, and complete your certificate in a time-frame that works for you. Face-to-face modules are offered several times a year in full-time or part-time intensives, so you can complete all of your contact training in a 12-day intensive or spread out your studies over two 6-day modules if that fits better into your life.

If you are eager to dive deep into your studies and complete your certificate, you can begin your Online Study as soon as you register and complete all course components in as little as 3-4 months, and then rely on ongoing support as you begin your teaching practice.

If life commitments are keeping you busy, you can take up to 24 months to complete your course components and rely on ongoing support throughout your studies and practice.

Can I Teach Yoga Right Away After Completing This Course?

Absolutely. Once you have completed all your course components as well as your written and practical assessments, you can register as a yoga professional, obtain insurance, and begin teaching professionally.

What Does "Registered" mean?

Yoga Alliance - Upon graduation from the Trinity Yoga Teacher Training program you will automatically be eligible to obtain registration with Yoga Alliance at the 200-hour level. This will allow you to use the initials "RYT" (Registered Yoga Teacher) and teach professionally around the world.

Yoga Australia - Completion of our Level 1 program will allow you to register as a Provisional Member, allowing you to teach professionally in Australia. The provisional membership requires that you increase your level of training from this 300-hour YTT to 350 hours of training within three years of registration. Yoga Trinity offers a series of Continuing Education programs to help you do this, while following your interest into areas of study that suit you and your client's needs.

Fitness Australia – This program is recognized by Fitness Australia for 15 CECs. Note: you must be a registered Group Exercise/Gym Instructor or Personal Trainer to obtain Fitness Australia CECs. Fitness Australia approve the education delivered within the Scope of Practice for Registered Exercise Professionals and have allocated CECs accordingly to this program. Fitness Australia however don't recognise the title of becoming a Yoga Teacher as referred to within this program. To be recognized as a Registered Yoga Teacher, registration through Yoga Australia or Yoga Alliance is required.

Insurance

Upon graduation you will be able to access public liability and professional indemnity insurance. To operate your own yoga business/teaching practice insurance is essential to protect you and your students in case of loss or injury. It is your responsibility as an instructor to ensure that coverage is

provided for each class or private session that you instruct. In most cases, to qualify for professional liability insurance you must be registered with Yoga Australia, Yoga Alliance, or another yoga or movement-related organization.

What if I Have to Miss a Session?

Our usual policy on attending the face-to-face sessions is that students can miss up to 10% of the face-to-face training (12 hours) and be provided with homework to cover the material missed, and still complete the certificate. If a student misses more than 10% of the face-to-face training, attending those sessions at another course or booking for private sessions to cover the missed material would be required in order to complete the certificate.

What if I Can't Complete the Course?

There are some circumstances in life that we cannot predict, and if an obstacle comes up in your life that causes you to have to discontinue your studies, we can work together to try to assist you in completing the course at another time. This will be dealt with on a "case by case" basis, but know that we will accommodate our teacher trainees to the best of our ability.

Can I Take Just One Module at A Time? Can I Take the Modules in Different Cities?

Absolutely. We understand that not everyone can take large blocks of time away from work and family responsibilities to undertake training. You can take just one module to deepen your practice and begin to explore yoga. Or, you can take modules in different cities at times that work for you. See the Module-by-Module study calendar for more, and please discuss with your course coordinator to plan a schedule that suits your life best.

I'm Not Sure if Yoga Teacher Training is For Me

If you want to have a 'taste' of Yoga Teacher Training to learn a bit about philosophy, practice, and teaching, and see if this program is right for you, you can join us for a 2-day [Vinyasa Flow Foundations](#) module to begin to explore the yoga teaching journey.

Do I Have to Be Able to Do Advanced Yoga Poses to Become an Instructor?

Students interested in joining a teacher training program often ask me this question, and the answer is quite simple; If you have found yoga to be an important part of your life and your personal growth, if you have a sincere desire to learn, and if you are passionate about bringing all the rewards and experiences of Yoga to others then you are a suitable candidate to become a yoga instructor. The process of teacher training will help you to further develop your practice, and perhaps this means that you will be able to achieve more advanced yoga postures as a result, but keep in mind that yoga is not just about the poses, but about a lifelong practice and an intentional state of being that is inclusive, accepting, compassionate and loving. We have had students of ages from 17 to 70 successfully complete the course and go on to become inspiring and successful teachers. To be able to demonstrate basic yoga asanas is important but does not exclude teachers of differing levels of skill and ability. What is most important is that you can demonstrate the fundamental principles of yoga on and off the mat.

What if I Don't Want to Become an Instructor?

Many students come to teacher training to simply deepen their own practice and knowledge of the rich teachings of yoga. Having said that, many of these students discover during the process that they do have a desire to become teachers, but this is not essential. Our pre-requisite for the course is that students have a committed practice and a sincere desire to learn, what you do with your new wisdom and experience is up to you.

Can I Do This Course Entirely by Correspondence?

Traditional wisdom and current regulations in Australia and internationally agree that for a teacher to experience and attain a comprehensive education in yoga teaching, a minimum standard of study in direct 'contact' with a teacher is required. Our course does have a correspondence component, however completion of both modules of face-to-face study in our Level 1 course is a requirement to receive your Yoga Trinity certificate and achieve professional membership and recognition.

I Am Already a Yoga Instructor, But Want to Study and Teach Vinyasa Flow

We welcome yoga teachers from all backgrounds, styles and lineages to take part in the full program if they wish or undertake Module 1 for a post-graduate 150-hour Certificate in Vinyasa Flow Yoga ([Vinyasa Flow Immersion](#)). This module offers you an opportunity to study, practice, and learn to teach Vinyasa Flow, and includes workshops on Yoga Philosophy, Cuing and Refining, and a complete study of the Trinity Vinyasa Flow Yoga Level 1 Sequence, giving you the practice and experience to teach a 90-minute Vinyasa Flow class. Please inquire for full details on the Vinyasa Flow Immersion program.

Additional Training

Yoga Trinity offers a wide variety of Continuing Education programs for graduates or teachers who have already completed a 200-hour training. Short Courses include Core Yoga, Mind Body Meditation, Thai Yoga Massage, Ayurveda, and Adjusting, Assisting and Partner Yoga. CEC's are available with organizations like Yoga Australia, Yoga Alliance, Fitness Australia, and the American Council on Exercise (ACE). For details please contact heather@yogatrinity.com

I Still Have Questions...

If you have any questions, concerns, or wish to further discuss your interest in Vinyasa Flow Yoga Teacher Training, contact us anytime at:

tel 0406 784 878

email heather@yogatrinity.com

web www.yogatrinity.com

How to Register:

To apply for admittance to the program, use our online registration tool, or the attached application form. Please answer the questions in the application clearly and honestly. After your application has been reviewed and approved, you will receive a letter confirming your acceptance into the program.

Once you have been admitted to the program, you will receive some Online Study materials to begin your practice and studies. Online Study materials delivered upon registration include:

- Vinyasa Flow Live Class Video
- Vinyasa Flow Pose by Pose Video
- Yoga Trinity Vinyasa Flow Teacher Training Manual PDF
- Online Study Units including Philosophy, Meditation, Anatomy, and Business Basics
- Essential Reading
- A complete list of Online Study requirements

Course materials

You will receive hard copies of course materials (manual, DVDs) on the first day of your face-to-face study. Prior to Module 1 of your study, you will need to borrow or purchase the follow texts:

- The Yoga Sutras by Patanjali (choose any text you like, but we recommend the translations by Alistair Shearer, Chip Hartranft, BKS Iyengar, Sacred Books Series, or the book Ashtanga Yoga Practice and Philosophy by Gregor Maehle)
- The Bhagavad-Gita (choose any text you like, but we recommend the translations by Juan Mascaro, Eknath Easwaran, Mahatma Gandhi)

You can find these books on sites like Book Depository, Amazon, or Fishpond, or find free downloadable copies of these texts online, or purchase e-books if you prefer.

Financial Details

Program fee includes all face-to-face and online course instruction, audio/video practices, teaching manual, assessment, mentoring, and your certificate as a Yoga Instructor.

Upon acceptance to this course, a deposit of \$720 is required to secure your place in the course and receive any Early-Bird savings. This deposit is non-refundable once your pre-course Online Study has been delivered. Deposits can be transferred to another course date/city. The remaining fees are to be paid prior to course commencement unless a payment plan has been organized with your course coordinator. Payments can be made by bank transfer or credit card (note: credit card payments incur a 2% surcharge).

Note: Please carefully consider non-refundable payments prior to commitment.

Program Policies

- All courses are subject to participation, any course/module cancellations will be made 30 days prior to course commencement or sooner.
- Course components must be completed within a 24-month period.
- Your full participation in the program is essential. Any disregard for the safety or wellbeing of course conductors and/or fellow students may result in dismissal from the program without refund.
- Each student will undertake a practical and written assessment, a passing grade of 80% is required. You may re-take your assessment if a passing grade is not achieved.
- Travel and accommodation costs are not included in the course fee.

Terms and Conditions

By completing my registration in a Yoga Trinity program, I agree to the following conditions:

1. I will not engage in practice if a pre-existing medical condition could be negatively affected by physical activity, including yoga, Pilates, and massage.
2. I will seek medical clearance before participating in practice if a pre-existing medical condition exists.
3. I will inform the teacher of any pre-existing medical condition or change to my health status before course commencement.
4. Acceptance of risk and release from liability: I acknowledge that participation in any physical activity, including yoga, Pilates, and massage, involves a risk of accident, illness, injury or death. I am voluntarily participating in these activities with full knowledge, understanding and appreciations of the dangers involved. I agree to release and indemnify the teacher from any claim that the teacher is liable for negligence in the event of any accident, illness, injury or death sustained as a result of participation.
5. Deposits are non-refundable once your Online Study has been delivered.

When registering for a course or workshop, I agree to the following policies:

1. If you have answered yes to any of the Par-Q questions, are pregnant, or have a medical condition that could be made worse by a change in your physical activity, a signed medical/registration form must be completed and submitted prior to the first practice. Any changes to a medical condition must be advised to your instructor.
2. The School will reserve the right to terminate the student's participation in the course at any time if student safety or wellbeing is compromised.
3. Certification will be awarded only after all requirements pertaining to the program have been completed, with due respect given to time limits.
4. The school will not be responsible for any loss, injuries or damage sustained during the course of the training or during the student's private practice.
5. The Student agrees that no photos, recordings or videos are to be taken during training without permission from the School and any participants involved.
6. The student acknowledges that she/he has read and agrees to follow the rules outlined in the accompanying Code of Ethics

Code of Ethics

1. Uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.
2. To have respect for my teachers, fellow trainees and students in the spirit of yoga.
3. Provide safe and effective instruction and/or massage, and a clean and comfortable environment for all participants.
4. Provide equal and fair treatment to all students.
5. Make my daily practice and my continuing education a priority.
6. Comply with all country/state business, employment and copyright laws.
7. Protect and enhance the public image of the yoga profession.
8. Maintain the confidentiality of all student information, be a resource, support, and safe-haven for my students at all times.
9. Respect the rights, dignity and privacy of all students.
10. Acknowledge the limitations of my skills and scope of practice. If in doubt, REFER. Refer your students to more qualified medical, health, or rehabilitation professionals when necessary.

PAYMENT PLANS AND BANK TRANSFERS

Payment Plans: Yes, we are open to creating a payment plan that works for you. Please discuss with your course coordinator/host Monique Leverington from Synergy Yoga and Pilates
PAYMENTS TO BE MADE TO Monique Leverington

BSB 015220 ACC 568 321 982

Please send minimum deposit to qualify for your online package – send

synergyyogapilates@gmail.com an email to verify payment and make a note of your final